

## EXAMPLES OF DOMESTIC VIOLENCE

- Telling the victim that they can never do anything right
- Showing jealousy of the victim's family and friends and time spent away
- Accusing the victim of cheating
- Discouraging the victim from seeing friends or family
- Embarrassing or shaming the victim with put-downs
- Controlling every penny spent in the household
- Taking the victim's money or refusing to give them money
- Looking at or acting in ways that scare the person
- Controlling who the victim sees, where they go, or do
- Dictating how the victim dresses, wears their hair, etc.
- Stalking the victim or monitoring their victim's every move
- Telling the victim that they are a bad parent or threatening to hurt, kill, or take away their children
- Threatening to hurt or kill their friends, loved ones, or pets
- Intimidating the victim with guns, knives, or other weapons

For anonymous, confidential help available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or for Deaf and hard of hearing at 1-800-787-3224 (TTY).

For more information, go to the National Coalition Against Domestic Violence (NCADV) website or to the **Seeds of Security webpage of the Baltimore-Washington Conference at [www.bwcmc.org/sos](http://www.bwcmc.org/sos)**.

### RESOURCES

**Susanna Wesley House (Baltimore)**

410-837-3787, [www.susannawesleyhouse.org](http://www.susannawesleyhouse.org)

**Arundel House of Hope**

410-863-4888, [www.hoh.org](http://www.hoh.org)

**Marian House**

410-467-4121, <https://www.marianhouse.org/>

**Sarah's House**

410-551-7722, [Catholicharities-md.org](http://Catholicharities-md.org) (multiple locations)

Source: NCADV <https://ncadv.org/learn-more>

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